

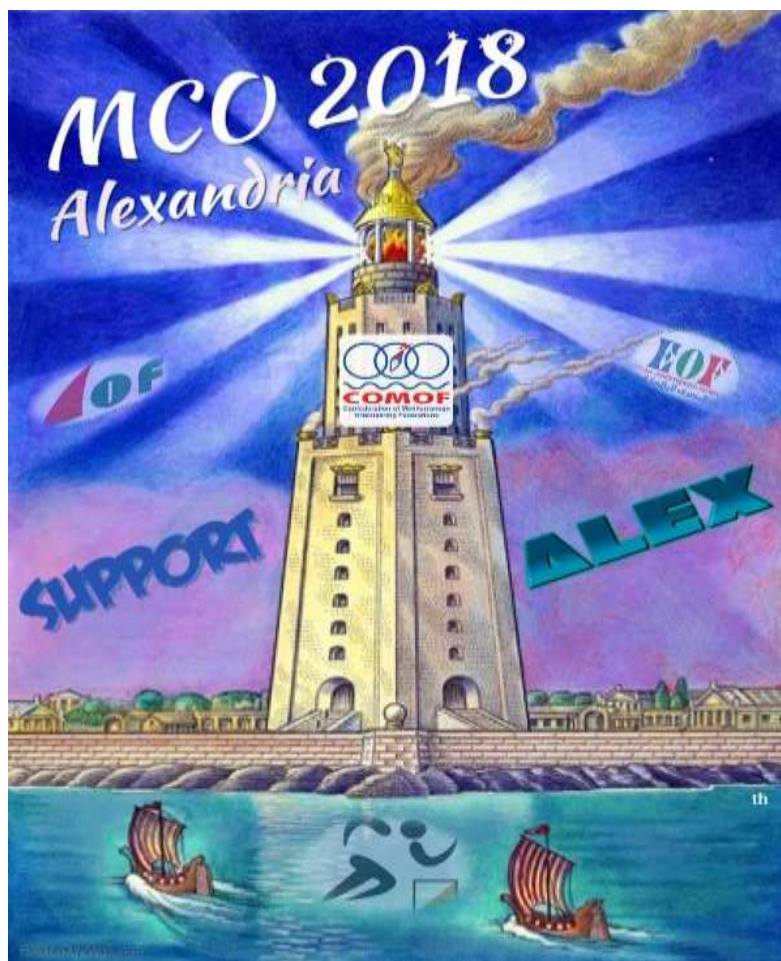


7th Mediterranean Championships in Orienteering (MCO 2018)

3rd Egyptian International Orienteering Championship (EIOC 2018)

February 1st – 4th 2018

Alexandria - EGYPT



Bulletin 1

April 2017

1. Program

Thursday- 1 Feb. 2018	Event Center opens Sprint model (MCO&EIOC) EIOC Pre-O Championships
Friday - 2 Feb. 2018	Sprint- WRE (MCO&EIOC day 1) Opening Ceremony
Saturday - 3 Feb. 2018	Middle distance- WRE (MCO&EIOC day 2) Sprint relay
Sunday - 4 Feb. 2018	Sprint EIOC day 3 Closing ceremony
Monday - 5 Feb. 2018	Tourism day

MCO 2017 will be held together with Egypt International Orienteering Championship (EIOC 3) that will give everybody the opportunity to experience MCO terrains .

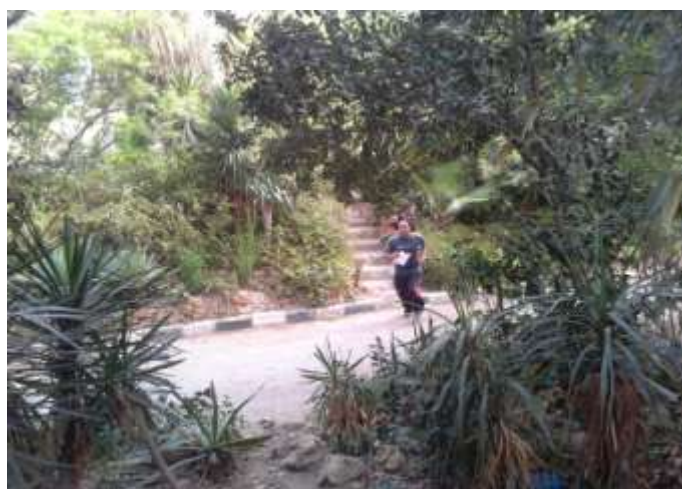
2. Organizers and event controller

Event Director	Tamer Mehanna
Competition Manager	Ahmed Soliman
Secretary	Osama Saeed
IT	Mohamed Bahgat
Media Director	Soha Ebrahim
IOF Event Adviser	Damir Gobec (Croatia)

Elmontaza Garden



Antoniades Garden



3. MCO Rules and Classes

- The Mediterranean Championships in Orienteering will consist of a Middle Distance, Sprint Distance and Long Distance. In case if organizer does not have a suitable terrain for a Long distance, then Sprint Relay must be organized.
- Each country at MCO will be represented by a team composed of four women and four men. SENIOR (M/W 21 E) : 2 WOMEN and 2 MEN JUNIOR (M/W 20) : 2 WOMEN and 2 MEN (According to IOF annual rules) Checking the athletes' age is the responsibility of the organizing country, following COMOF criteria.
- Participants must have citizenship of country they represent at MCO. A country will be included in the classification when it has at least one runner in the event.
- The start fees for the official COMOF national teams should be covered by the country organizing the MCO.
- - The classification will be done only with the National Countries inscribed in the Championships.
- - The points will be given according the following rules:
 - In each class for every distance, the points to be given will be 1 point for the 1st position, 3 points for the 2nd position, 5 points for the 3rd position, 6 points for the 4th position, 7 points for the 5th position, and so on.
 - A runner who is disqualified will receive points equal to the points of the last classified runner plus two.
 - The country with no runners in this class will receive points equal to the points of the last classified runner plus four.
 - The winner will be the country with fewer points in the general classification, adding the points of the four classes: MS, WS, MJ and WJ.
- For Sprint Relay each country may have one 21 Elite Sprint Relay team and one junior team. Juniors may run in Elite team.
- The winner team will get 10 points (with 2 teams country can score 10+10 points minimum).
 - 2 nd place 15points
 - 3 rd place 20 points
 - 4 th place 25 points
 - 5th place 30 points
 - 6 th place 35 points
- Disqualified team will receive points equal to the points of the last classified team plus 10 points. The country with no team in this class will receive points equal to the points of the last classified team plus 20 points.

- In case of a draw, the classification will depend on the country that has obtained more: - Number of winners among the four classes, - Number of second positions or third positions, etc There will be trophies for first, second and third classified COMOF country.
- The organizer country will give medals for the 1st to 3rd classified in every distance (Middle, Long distance and Sprint when applicable).
- The COMOF will give Diplomas for the 1st to the 5th classified, for each class and distance.
- COMOF provide free medals for organisers. Diplomas are the same type and they must be produced by organizer.
- Prize-giving will be after every competition or on the following day.
- The ceremony will be according to the programme of the organizer.

Participation

Competition will be held according to the IOF Rules and MCO Rules 2017.

The Mediterranean Championships in Orienteering 2018 will consist of one sprint race, middle distance race and sprint relay race.

EIOC competitors will run one sprint race more on a day of MCO sprint relay.

Classes

Each country at MCO will be represented by a team of four women and four men.

In SENIOR class – 2 women (W21E) and 2 men (M21E) - all competitors must be full passport-holding citizens of the country they are representing.

In JUNIOR class – 2 women (W20) and 2 men (M20) – all competitors must be born in or after 1996 and must be full passport-holding citizens of the country they are representing.



Entry Fees

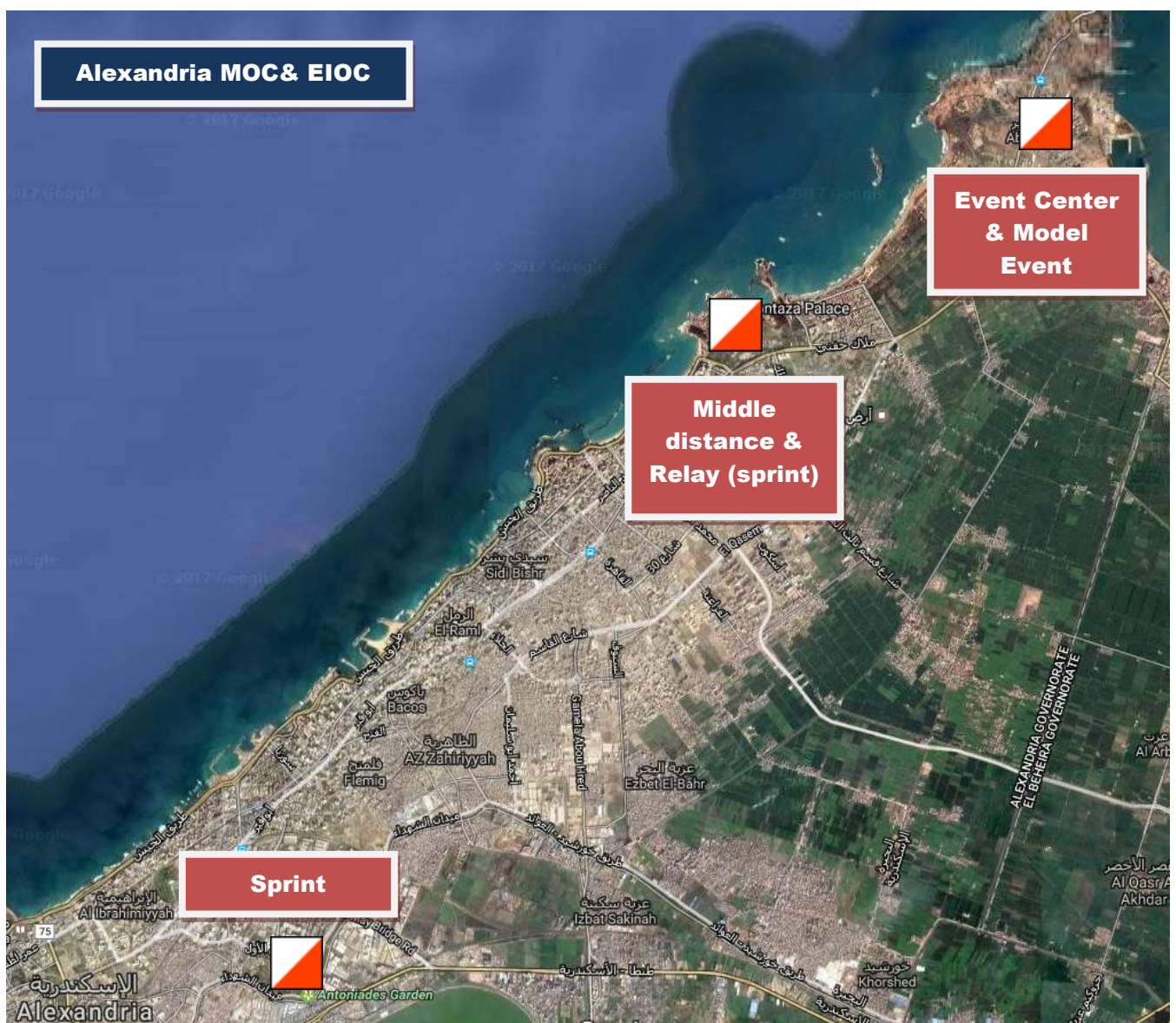
The start fees for the official COMOF National Teams participating in MCO will be covered by the organizers (according to the Rules).

4. Locations

The championships will take place at Montazah Palace, Antoniades Park, North coast resort and Arab Academy, Alexandria (12 km from Alexandria city center), 70 km from Borg El Arab Airport (HBE), 250 km from Cairo International Airport (CAI)

Event center

Event center will be in Arab Academy For Science, Technology & Maritime Transport.



5. Open event (3rd Egypt international orienteering championship)

Beside the MCO, an open event Egypt international orienteering championship will be held. All three races will be World Ranking Events (WRE).

The courses for the Junior and Elite classes will be the same for both the MCO and the Egypt international orienteering championship. Thus, competitors running MCO for their National Teams will also be competing for overall standing in Egypt international orienteering championship. Similarly, for Elite classes at MCO, results will be counted for WRE as well.

On each day there will be a prize giving ceremony for WRE.

The overall standing in Egypt international orienteering championship will be determined by the sum of the results in the all races.

Sprint, Long and Middle Distance races. Categories – Egypt international orienteering championship :

M/W 12, 14, 16, 18, 20, 21B, 21A, 21E, 35, 40, 45, 50, 55, 60, 65, 70, OPEN, children category (MW10).

**Classes will be merged if there will be less than four entries in one class*

6. Entries and fees

Preliminary entries for MCO December 1st (just number of competitors by e-mail)

Entries for MCO national teams are free of charge. Deadline for MCO entries is **January 15th, 2018.**

Entries for EIOC through Orienteering Online system until - **January 15th, 2018.**

<http://www.orienteeringonline.net/CompetitionBasicInfo.aspx?CompetitionID=3307>

Entry fees for Egypt international orienteering championship per race:

	Until Jun 30 th 2017	Until Oct 6 th 2017	Until Jan 15 th 2018
Born in 1997 and before	10€	15 €	18 €
Born in 1998 and after	5€	7,5€	10 €
Elite classes	10 €	15 €	20 €
Trail Orienteering (Pre-O)	7€	10 €	15 €
For children (MW10)	free	free	free

7. Prizes

For MCO events, medals will be awarded to the top 3 finishers in each class, and diplomas to the top 5. The awards ceremony will be held after each competition, and at the end of the MCO.

For the Egypt International Orienteering Championship, prizes will be awarded to the top 3 finishers in all classes. The awards ceremony for the Egypt International Orienteering Championship will be held at the end of the competition.

8. Punching System

All MCO events will be organized using the SI electronic punching system. Competitors who have SI cards can bring and use their own.

SI cards can also be rented from the organizers. Rent price for SI card is 2,00 € per race.



9. Accommodation

Hotel name Class	per person/day in a single room, taxes included	per person/day in a double room, taxes included	per person/day in a triple room, taxes included
TOLIP Hotel Alexandria 5 stars All ink.	65 €	50 €	40€
Arab Academy Event Center (3meales)	45 €	35 €	28 €

Reservations for accommodation to e mail : egyorientteering@outlook.com

More information about accommodation will be available in next bulletin

Deadline for booking and payment: **January 1st, 2018.**

Free accommodation policy ;(for MCO national teams members of COMOF)

- 1- Full team (4 men + 4 women + Officials) will have 3 free accommodation
- 2- From 7 athletes' to 5 + Officials will have 2 free accommodation
- 3- From 4 to 3 athletes + Officials will have 1 free accommodation.



TOLIP Hotel Alexandria

Arab Academy



10-Alexandria

Alexandria is modern and peaceful country. Also, in the nearby of the event center there are no dangerous wild animals that can harm runners.

Health services in Egypt are on the good level. Medical help and pharmaceutical products are available in every town and in almost every village.

Tap water is fine for drinking, and no special vaccinations are required prior to entering the country.



11. Touring Opportunities



Qaitbay castle



Alexandria Aquaculture



Pomoey's pillar



Alexandria Library



Alexandria National Museum

12. Visas

Almost all foreign travelers require an entry visa to visit the Egyptian territories. Most of Egypt's tourists and visitors can obtain their visas at any of the country's entry points (airports and ports). This type of visa is valid for a one-month period, starting from your arrival date.

To obtain this visa, it is required that you hold a valid passport. Pay attention that your passport must be valid for minimum 6 months!!!To avoid the bother of finding out too late that you need to apply for a visa in your homeland prior to your journey to Egypt; we've provided you with the numbers and addresses of the Egyptian embassies and Egyptian Tourism offices abroad, when available. They will be more than pleased to answer all your queries regarding visas.

http://en.egypt.travel/practical_info/visa_travel_info

Deadline for a request for invitation letter is December 25th 2017

13. Transportation

The organizer will provide free buses to transport **MCO national teams members of COMOF** from airport and railway station to the event center.

Nearest airports are at Borg EL Arab (Alexandria and Cairo (250 km). Currently there are scheduled flights to Borg EL Arab Airport from Cairo. Cairo have busy international airports with direct flights from all around the world.

A good railway service operates to Alexandria from Cairo (2, 30 hours).

Buses are available to Alexandria from Cairo .

Useful information

*The official currency in EGYPT is Egyptian Pound, (EGP) (LE), our advice is to change your money at airport, exchanges offices or banks.

*Weekend: Friday & Saturday.

*Shops, market and restaurants around Montazah Park.

*For all three stages we suggest shoes without spikes.

* February weather around max 18°C, min. 5°C.

Health Services

The organizer will provide first-aid service at the event center and at each competition site. Emergency care and major hospitals are within a 30-minute drive from each of the competition sites.

The organizer will not bear responsibility related to medical costs for participants. Each federation and all competitors are responsible for the insurance of the participant.

14. Contacts

Egyptian Orienteering Federation (EOF)

Telephone- Whatsup – Viber : 00201143334946

Facebook: Egyptian orienteering federation

E Mail : egyorienteeing@outlook.com

Web : www.egyorienteeing.org

Bulletin 2 will be published in October 2017

BEST WISHES FROM EGYPT

